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ABSTRACT

Bringing therapy to an end too early or prolonging it can be equally counter-productive. This book explores the reasons for unsatisfactory endings and offers advice on avoiding them and achieving a timely conclusion to the therapy. Chapter 1 looks at the aims and outcomes of therapy, including the relief of symptoms and the management of loss or damage. Chapter 2 discusses the goal of resolving transference. Chapter 3 examines the vicissitudes of the therapeutic relationship when narcissism prevails in either or both partners at the pathological level. Chapter 4 looks at the ways in which patients take charge of the ending process, in opposition to the view of the therapist. Chapter 5 discusses the three identifiable areas why the therapist initiates the ending (personal circumstances, cannot or does not want to continue with client, mutually agreed upon endings). Chapter 6 deals with the underlying values that will enter into the therapist's decision to end therapy. Chapter 7 looks at the ethical principles and codes that govern the process of therapy for individuals and the profession. Chapter 8 discusses how the therapist will need to decide whether there are specific techniques that are appropriate for the ending phase and what may be the theoretical rationale for any difference that is made. Chapter 9 discusses the time-limited solution to how long therapy should last. Chapter 10 considers how training in psychotherapy looks at the ending process. The book concludes that the ending process in therapy is a difficult decision, and therapists need to understand that the ability to let go when the time comes is one of the primary achievements of any kind of therapy. (Contains 128 references.) (JDM)

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